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High -9°C/Low -14°C Snow showers



The potholes are coming

INFRASTRUCTURE

Mild conditions make roads ripe for breakages



**Stephanie
Taylor**
 Metro | Winnipeg

Call it a downside to Winnipeg's mild winter weather, but the city says residents can expect potholes to start popping up earlier than usual this year.

The city's head of public works told Tuesday's committee on infrastructure renewal and public works that the thaw-freeze cycles seen in recent weeks is perfect pothole weather.

"It's not a stretch to think that pothole season is going to come earlier, and we have to start preparing to deal with it," Lester Deane told reporters afterwards.

He said typically, crews begin patching potholes in March or April,

but could start as early as this month. "We have to be realistic in the fact that materials available to patch potholes right now is going to be a temporary fix," Deane said.

"We might have to go out in two days and re-patch the same pothole, that's just the reality of pothole-patching in February, which is not usual."

Deane explained potholes happen when the chemicals used for de-icing and salting roads freeze, breaking up the bonds in the pavement's particles, causing fractures in the road.

When asked about the cost implications of having an earlier pothole season, Deane said there might be a slight hit to the operational price tag, but that could be offset by the cost of having a longer construction season.

"I'm sort of looking at the glass half full," he said.

"If I get an extra two weeks of construction like last year, it'll allow us to deliver our large infrastructure budget."

MANITOBA ELECTION 2016

KINEW SHIFTS BALANCE

Radio host to fight for NDP in Fort Rouge

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FROSTBITE

Mother who saved daughter loses feet

An injured Manitoba woman who crawled up a snowbank to seek help after spending overnight in a frigid ditch trying to keep her young daughter warm has lost her feet to frostbite.

Kristen Hiebert and four-year-old Avery were going home last month when their car slid off a rural highway near a bridge and rolled down a steep slope to the frozen Souris River.

They spent the night huddled together for 10 hours as temperatures dipped to -23 C.

At dawn, Hiebert dragged herself up the snowbank despite a broken leg, broken neck and severe frostbite to her bare feet.

Her friend, Morgan Campbell, says Hiebert's feet had to be amputated last week.

Campbell says on a GoFundMe page that Hiebert's family is overwhelmed but buoyed by public support.

"Kristen is overcome with emotion by all of the love

shown towards her and her family," Campbell wrote. "She sends her sincerest gratitude to everyone who has donated, sent kind thoughts, words and prayers.

"She is in awe of your compassion. You have made their ability to recover achievable."

Avery has been discharged from hospital and "is doing wonderful" as she recovers from frostbite on one foot, Campbell wrote.

Hiebert continues to heal and the frostbite on her right hand is showing improvement, she added.

"She is quite amazing," Campbell wrote. "Her feeding tube will be removed soon, but her biggest irritant is the neck brace she has to wear constantly for the next while."

The GoFundMe page set up to help Hiebert — a single mom who worked two jobs cleaning homes and a hotel — has raised just over \$64,000 so far. THE CANADIAN PRESS



Kristen Hiebert has lost both her feet to frostbite. FACEBOOK

Know Your Zone expansion scrapped

SERVICES

But app will hopefully be ready by end of February: City



Stephanie Taylor
Metro | Winnipeg

Although Winnipeg's head of public works says amalgamating city services under one zone-based system is logistically unworkable, he believes simplifying the schedule for residents is possible with mobile apps.

Lester Deane was responding to reporters' question Tuesday as to why staff rejected the notion of expanding the current alphabet-based Know Your Zone program used for snow removal to other municipal services, such as insecticide spraying and street sweeping.

He told the city's committee on infrastructure renewal and public works there are significant operational differences between each service, which pose challenges.

For example, insecticide spraying is managed using a larger number-based system to reflect how much work can be accomplished during a single night of spraying.

That is a pace of delivery that differs greatly from snow re-

Lester Deane says the city is aiming to have service information available to as many residents as possible through the new smartphone app. ELISHA DACEY/METRO



moval he said, meaning, "as a result, there is no easy transition to a one zone system," according to a report tabled Tuesday.

"We're not saying there aren't opportunities to come up with something, we are just saying that it's something we're going to have to study," Deane told reporters.

"The earliest we would look at changes would be 2017 or 2018," adding that is when current private snow contracts are set to expire.

To help simplify which zone is where for residents, Deane

says the Know Your Zone app that has been under construction for months will hopefully be finished by the end of February.

"We know that not every resident is going to have access to a smart phone," Deane said.

"We're never going to get 100 per cent. You have to look at the 80/20 rule. We're trying to provide this kind of information to at least 80 per cent of residents."

Once that app is up and running, he doesn't see it as a "stretch" to develop some kind of "insect control zone app" for

residents to keep track of the city's fogging schedule.

"There's been a big investment into the Know Your Zone at this point," committee chair Janice Lukes said afterwards.

"I think the app's going to solve a lot of the challenges, I do."



I think the app's going to solve a lot of the challenges

Janice Lukes

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Wab Kinew enters the race

FORT ROUGE

Selinger brings in NDP ringer to challenge Liberal leader



Braeden Jones
Metro | Winnipeg

Last week, Premier Greg Selinger's team lost some of its top assets while heading into a tough election, but on Tuesday, the NDP brought in a ringer.

CBC broadcaster and author Wab Kinew is seeking the NDP nomination in Fort Rouge.

"Wab and I started this conversation very briefly at the Forks ... this early fall, late summer," Selinger told a crowd of the popular new candidate's supporters. "I said, 'If we could find a spot, I'd love to have you.'"

At the time, "it wasn't clear that there was a spot available," but the opportunity has since opened up, said

Selinger.

Kinew will be up against Manitoba Liberal Leader Rana Bokhari.

Bokhari issued a one-line written statement Tuesday, in which she said "I like Wab Kinew, but residents of Fort Rouge know a vote for Wab is a vote for (Premier) Greg Selinger."

Audrey Gordon is carrying the Tory banner in the constituency.

Seven NDP MLAs, including Fort Rouge MLA Jennifer Howard, announced they wouldn't be seeking re-election.

Howard, present at Kinew's announcement at the Gas

Associate Vice-President of Indigenous Affairs at the University of Winnipeg, a best-selling author and recognized advocate for indigenous rights and education inclusivity.

Kinew says he's seeking the nomination because he's "passionate" Manitobans need to "continue embracing a progressive agenda ... that pushes for social justice, but does so in a way that continues to create jobs."

He said Tuesday he wanted to "step forward as a voice for renewal," and was later asked whether he had leadership aspirations.

"No. My aspiration is to



My aspiration is to be a leader for the people of Fort Rouge, to speak to the constituency, hear what matters to them.

Wab Kinew

Station Arts Centre in Fort Rouge, said she knows the people in her riding "are going to be in good hands."

Kinew is currently the

be a leader for the people of Fort Rouge, to speak to the constituency, hear what matters to them." WITH FILES FROM

THE CANADIAN PRESS



Wab Kinew, left, will run against Liberal Leader Rana Bokhari in Fort Rouge. BRAEDEN JONES/METRO

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Cutting-edge amusement setting up chop this April

TRENDS

Axe-throwing just like darts, but on a much larger scale



Braeden Jones
Metro | Winnipeg

A new recreation destination coming to Winnipeg has won fans across the country with its uniqueness and general bad-axe'ry.

"Bad Axe Throwing" is exactly what it sounds like; the company is establishing venues to teach and share the joy that is hurling sharpened axes and is opening a location in Winnipeg in April.

Operations manager and "chief axe thrower" Jesse Gutzman said the setup will seem familiar, like darts, just larger.

"We're aiming for a circular target, throwing an axe, trying to hit a bulls-eye," he said.

It's something he figures lots of people want to try, but the set up and safety issues limit accessibility. Bad Axe throwing sets it up, teaches proper technique and monitors for safety.

"When people come to us it's just a really easy, accessible time," he said.

He also said expanding to the heart of the prairies makes sense to him.

"I thought Winnipeg would be a great spot, in my opinion it seems like a really Canadian city," Gutzman said, noting the lumberjack-y Canadiana implicit in the activity.

"People come out in plaid, dressed like lumberjacks, try-



Think you can throw an axe? Starting this spring, you get a chance to try. CONTRIBUTED

ing to embrace this Canadian vibe," he said. "We want to end up in a city that seems like down-home Canadian, that's more or less what we thought of Winnipeg."

But beyond the compatibility, Gutzman said his market research also showed that Win-

nipeg could use more "unique things" to do.

The Toronto-based company sees all kinds of bow-and-arrow tag and escape room a style team-building variety elsewhere but recognizes Winnipeggers could use more of it.

"What axe-throwing is to us

right now is replacing these events which were things people have been doing for decades," he said, likening a night of axe throwing to a night out bowling, or playing laser tag. "We have something a little more exciting, equally as accessible."



People come out in plaid, dressed like lumberjacks.

Bad Axe Throwing spokesman Jesse Gutzman



Janice Lukes COLIN FAST/METRO

CITY HALL

Traffic flow gets makeover



Stephanie Taylor
Metro | Winnipeg

Frustrated drivers can expect the city to roll out its traffic management centre by the end of 2016, according to Winnipeg's public service.

The centre — which promises to synchronize traffic signals to smooth out the flow of traffic — is anticipated to be live by December, traffic staff told the city's committee on infrastructure renewal and public works Tuesday.

Committee chairwoman Coun. Janice Lukes questioned how many other major Canadian cities employ this type of technology, to which staff answered: All but ours.

They explained the management centre would see traffic lights connected to a satellite signal that would allow staff to reboot busted lights from a central location.

Think of employees tinkering on iPads to fix issues, instead of having to dispatch crews to the scene.

Traffic manger Luis Escobar said video cameras would also be installed to be "our eyes in the field" in order to monitor the flow of traffic.

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Driver accepts peace bond

TERRORISM

Man banned from using computer or cellphone

A Winnipeg man suspected of planning terrorist activities has fewer restrictions on his freedom and will not be going to trial.

Aaron Driver is not facing criminal charges, but his lawyer and the Crown agreed to a peace bond to limit his activities.

The bond acknowledges there are "reasonable grounds to fear that he may participate, contribute directly or indirectly in the activity of a terrorist group."

It does not require him to wear a GPS monitoring bracelet, which he had while on bail, or undergo religious counselling. He is prohibited from using a computer or cellphone until the end of August.

Driver has also agreed not to associate with any terrorist organization, including the Islamic State of Iraq and the Le-



Published reports say Aaron Driver posted messages on social media that praised terrorist activities, including the attack on Parliament Hill in October 2014. TORSTAR NEWS SERVICE FILE

vant (ISIL), or possess anything bearing the name.

Driver will be free once the bulk of his peace bond conditions expire, Crown attorney Ian Mahon said Tuesday. Driver won't be required to come back to court unless his conditions are breached.

"It's done," Mahon said. "It's resolved."

Driver covered up his long beard and face as he left court and declined to comment on the proceedings.

Driver has been on bail under strict conditions since last June. He now lives in Ontario.

before September to allow him to move on to either school or a job, Mahon said.

"A lot of things begin in August and September of 2016," he said. "In this day and age, computers are a necessary tool."

Driver's lawyer, Leonard Tailleir, had fought the conditions of the peace bond. He argued the restrictions violated his client's charter rights.

Tailleir has always said his client is not a threat to the public and has simply "used his voice to state things that maybe we don't like."

In court Tuesday, the lawyer referred to a psychological assessment which deemed Driver was a "low risk."

He has no criminal record.

"On Mr. Driver's behalf, this has been a long process," Tailleir told the judge. "Aaron ... with several compromises is prepared to accept the peace bond."

Driver is required to carry a copy of the peace bond at all times and is banned from possessing any weapon. He can't apply for a passport from Canada or any other country.

He is also banned from using social media. THE CANADIAN PRESS

CRIME

\$500,000 worth of pot seized

Winnipeg police have arrested two men, and seized more than \$500,000 worth of marijuana and equipment in a recent grow-op investigation.

Police said in a news release issued Tuesday officers searched three residences on Toronto Street and Tecumseh Street on Monday.

They seized 255 marijuana plants, valued at more than \$285,000, and equipment with a street value of more than \$18,740 from the 500 and 700 blocks of Toronto Street.

Police also raided a home in the 200 block of Tecumseh Street, and found 199 marijuana plants, and grow-operation equipment with a street value of \$222,880 and \$8,490, respectively.

Two men, 42, were arrested and are now facing numerous drug-related offences, police said. Some of the charges include producing a scheduled substance, possession of a scheduled substance for the purpose of trafficking and theft over \$5000. METRO



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Winnipeg gallery offering free tour

ART FOR LUNCH PROGRAM

Guided journey through Inuit art starts noon Wednesday

The Winnipeg Art Gallery is offering a free tour for one of its collections of art.

The George & Tannis Richardson Collection of Inuit Sculpture will be on display until Feb. 15, but the WAG's curator of Inuit art, Darlene Coward Wight, will give a free guided tour at noon on Wednesday.

"We are delighted to share these important Inuit carvings with visitors as part of the WAG's world-renowned collection of Inuit art," said Dr. Stephen Borys, WAG Director & CEO. "We thank Tannis Richardson for her generous support over the years, and remember the late George T. Richardson for his critical contributions to not only the



A piece from the collection. COURTESY WAG

WAG, but the city of Winnipeg."

The collection includes 39 pieces, work done by 30 artists from 11 communities from Nunavut and the region of Nunavik in Arctic Quebec.

Wight said the collection was assembled in the 1970s and 80s.

"The collection features sculptures by well-known artists such as Lukie Airut, from Igloolik, and Jimmy Arnamissa, from Inukjuak. Dramatic large-scale pieces include Airut's depiction of a mother who drops her child from her amau-

tik (parka) after clashing with a muskox, and Arnamissa's scene of two men loading a kayak onto a kamotik (sled) for overland travel."

The WAG said the exhibition is complemented by a 64-page catalogue, featuring a forward by Dr. Borys, an essay by Wight, a history of the collection, full colour images and a northern map.

The tour is part of the WAG's Art for Lunch program, which happen every two weeks over the lunch hour. For more upcoming dates, go to wag.ca.

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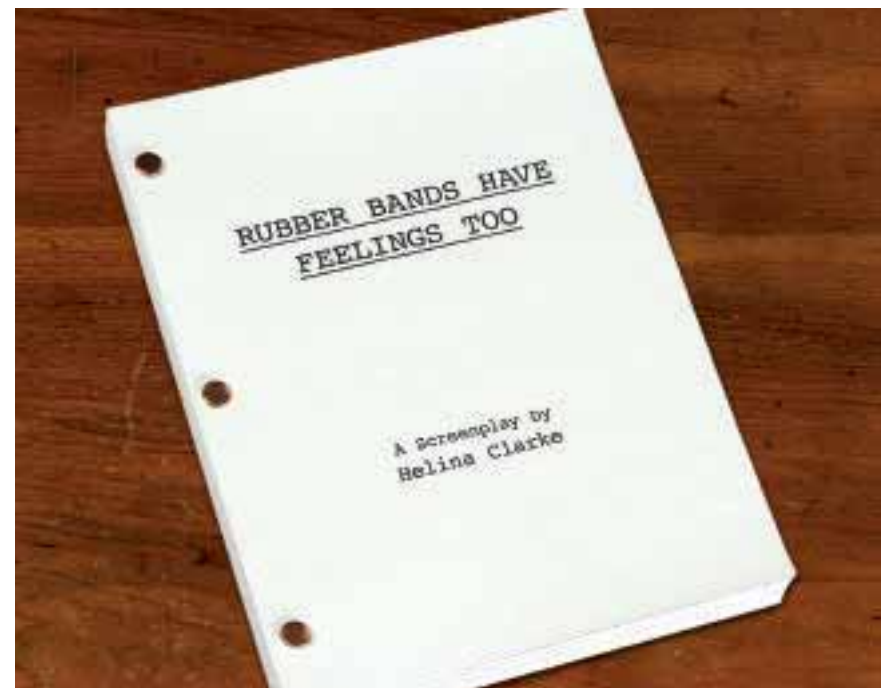


FUNNY FEST TRIBUTE TO A PROLIFIC PLAYWRIGHT Sarah Constible and Paul Essiembre star in Royal MTC's newest production, *Things We Do for Love*. Called shockingly and uproariously funny, the show — by playwright Alan Ayckbourn — is MTC's contribution to AyckbournFest. The show runs until Feb. 20 at the Tom Hendry Warehouse. DYLAN HEWLETT/ROYAL MTC

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Mayor 'disturbed' by pro-rape meet

CITY HALL

Gatherings planned for weekend by U.S. blogger Roosh V

Mayor Brian Bowman is speaking out against a controversial pickup artist and rape advocate for encouraging his supporters to meet up in Winnipeg this weekend.

A statement was issued by the mayor's office Tuesday, following buzz on social media that U.S. blogger Roosh V, whose real name is Daryush Valizadeh, posted on his site, Return of Kings, about a series of international meetings planned for this Saturday.

Gathering spots are reported to include 10 locations across

Canada, with one at St. Vital Centre.

"I have no interest in offering a platform for the type of violent and harmful views espoused by Mr. Valizadeh and his organization. I am deeply disturbed by many of his statements and I denounce them unequivocally," Bowman said in an email statement.

It went on to state the Winnipeg Police Service is aware of and is monitoring the supporters' plans.

"All our residents need to feel safe regardless of their gender, sexuality, ethnicity or faith," Bowman's statement reads.

"In Winnipeg, we embrace tolerance, diversity, acceptance, and a desire to help others."

Bowman also took to Twitter using the hashtag #TurnAwayReturnOfKings, as did Ottawa Mayor Jim Watson, who like



Daryush Valizadeh, a.k.a. Roosh V. YOUTUBE/SCREENSHOT

other leaders around the world denounced Valizadeh's plans for an international followers' meeting.

"Your pro-rape, misogynistic, homophobic garbage is not welcome in Ottawa," was tweeted from Watson's Twitter account.

Through his blog, Valizadeh promotes what he deems as the "return of masculinity."

He has made misogynistic statements and has said he believes men raping women should be legal on private property. METRO



I have no interest in offering a platform for the type of violent and harmful views espoused by Mr. Valizadeh. Brian Bowman

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Flirtatious emails were 'bait': Witness

GHOMESHI TRIAL

Letters sent after alleged attack emerge, stir courtroom

A woman who testified that she went to great lengths to avoid any contact with Jian Ghomeshi after he allegedly attacked her acknowledged during intense cross-examination on Tuesday that she sent him flirtatious emails long after their encounters.

In a dramatic development that set the courtroom on edge, Ghomeshi's lawyer produced two emails that appeared to contradict the woman's statements that she had been so traumatized by what happened, she'd even turn off the TV or radio when he came on.

The first email was written in January 2004, about a year after she said he had yanked her to the floor by the hair during a "sensuous" kiss in his living room and then punched her in the head.

"Good to see you again! Your show is still great," it says.

She goes on to provide a website address for him to watch a video of her "when you take a break from plowing snow naked," gives her email address and phone number and asks him to get in touch.

Defence lawyer Marie Henein, known for her no-holds-barred cross-examinations, pounced.

"It was bait to call me so I could get an explanation as to why he would violently punch me in the head. Testimony from the complainant



Jian Ghomeshi leaves a Toronto courthouse after the second day of his sexual-assault trial on Tuesday. FRANK GUNN/THE CANADIAN PRESS

"You're now inviting the man who traumatized you to get in touch with you?" she asked incredulously.

"The email was bait," the witness responded. "It was bait to call me so I could get an explanation as to why he would violently punch me in the head. I had no interest in him."

Six months later, she sent a second email, also shown to the court. She writes she had been watching a show of his. Attached was a revealing bikini photo of

her on the beach.

"I wanted him to call me," she explained. "I sent a photograph, again, as bait."

The emails were the climax of a relentless cross-examination that Henein began Monday as the lawyer poked holes in the woman's testimony and exposed inconsistencies in her various statements to police, the media and court.

In one example, the woman told police that Ghomeshi had "smashed" her head against a car window. She backtracked in court. She also said she had been nervous when she spoke to two detectives in November 2014.

"There was nothing wrong in that police interview that would cause you not to tell them the

truth," Henein said at one point.

"I told them the truth that day through my nerves," the witness answered.

"And your truth keeps changing?"

"I don't agree with that."

At times, the witness appeared flustered as Henein grilled her, but continued to insist she had not lied — that she had only gradually come to remember things.

In a statement released after her testimony, the woman said going to court and facing Ghomeshi had been "extraordinarily difficult" but worth it.

The trial continues Thursday after the Crown said there had been witness scheduling issues.

THE CANADIAN PRESS

REPORT

Military ill-prepared for peacekeeping bid

The Trudeau government has promised to get Canada back into the peacekeeping business, but a new report from two independent think-tanks says the military is ill-prepared for the task.

The study by the Rideau Institute and the Canadian Centre for Policy Alternatives was penned by Walter Dorn, a professor at the Canadian Forces Staff College and one of Canada's leading experts in peacekeeping.

For the last decade, he says, the army has specialized in counter-insurgency warfare because of the combat mission in Kandahar, and other skill sets — once second-nature to Canadian training — were relegated to the back burner.

Dorn says the complexities of modern peace operations require in-depth training and education, on subjects including the procedures, capabilities and limitations of the United Nations.

He says Canada is currently far behind other nations in its readiness to support the United Nations and train for modern peacekeeping.

"Special skills, separate from those learned in Afghanistan and warfare training, would need to be (re)learned, including skills in negotiation, conflict manage-

ment and resolution, as well as an understanding of UN procedures and past peacekeeping missions," said the report.

"Particularly important is learning effective co-operation with the non-military components of modern peacekeeping operations, including police, civil affairs personnel and humanitarians, as well as UN agencies, non-governmental organizations (NGOs) and the local actors engaged in building a viable peace."

The focus of training at both the Canadian Forces Command College in Toronto and the army staff college in Kingston, Ont., is on "alliance" or NATO-style operations,"



Special skills ... would need to be (re)learned.

Statement from the report

Dorn concluded.

"At the higher (national security) level, the case studies and exercises on peacekeeping were dropped."

Both Prime Minister Justin Trudeau and Defence Minister Harjit Sajjan have said rather than sending a lot of soldiers, Canada can contribute equipment and expertise, such as commanders and headquarters contingents. But Dorn says the military regime provides less than a quarter of the peacekeeping instruction it did a decade ago. THE CANADIAN PRESS



PRIVACY BREACH

Tax agency doesn't know what information leaked

The federal revenue agency says it doesn't know what sort of taxpayer information a rogue employee improperly shared with the Canadian Security Intelligence Service (CSIS) because CSIS has wiped the files from its database.

The Canada Revenue

Agency said the employee who handed over the sensitive data — doing so even though CSIS lacked a judicial warrant — is no longer with the department.

The agency refused to disclose whether the person was fired or left voluntarily, citing privacy reasons.

THE CANADIAN PRESS

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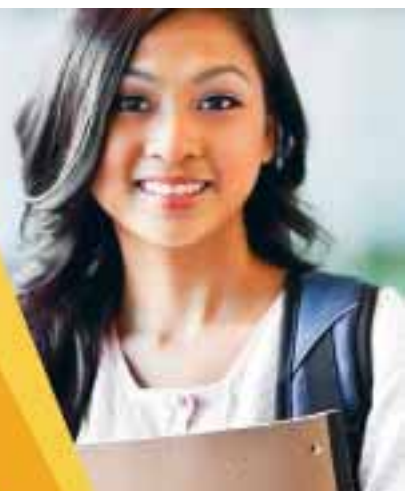
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RACCOON ON BOARD TORONTO SUBWAY RIDERS PESTERED DURING MORNING COMMUTE
Riders look at a raccoon on a subway car in Toronto, Tuesday. The raccoon was first spotted at around 8 a.m. on a southbound train heading towards Spadina Station.

THE CANADIAN PRESS/HO-TWITTER (@TMARAYEVA)

Cruz's debating style 'hasn't changed': PM

FRIENDLY MATCH

Trudeau recalls senator coming to dominate in tournament

Here's a lesser-known connection between the winner of this year's first U.S. presidential contest and the home and native land of his birth: Canada's prime minister recalls debating Ted Cruz.

The Calgary-born, Texas-bred senator who stormed out of the gate Monday with a win in Iowa's Republican caucuses was once a stellar university debater, ranked No. 1 in the U.S.

Cruz's opponents included a contemporary from Montreal — a prime minister's son and prime-minister-to-be who decided to get involved with the debate club at the urging of friends at McGill University.

Justin Trudeau first publicly referred to that old encounter during a speech early last year when he was still leader



Ted Cruz
THE ASSOCIATED PRESS



Justin Trudeau
THE CANADIAN PRESS

“
It was a focus very much on winning the debate.

Prime Minister Justin Trudeau on Cruz's debate strategy

of Canada's third party, and the senator had yet to announce his presidential bid. Trudeau told a group of fellow McGill alumni that he'd dabbled in debating and had once gone up against Cruz in a tournament at Yale, adding dryly: “He hasn't

changed very much.”

He elaborated slightly in an interview with The Canadian Press last June. By then, Cruz had announced his presidential bid but Trudeau was still in opposition.

While the details are a bit hazy, Trudeau recalls an opponent who came prepared to dominate — and, apparently, Cruz did.

“If I recall correctly it was about an obscure monetary policy element that he had done an awful lot of research on,” Trudeau said in that pre-election interview. THE CANADIAN PRESS

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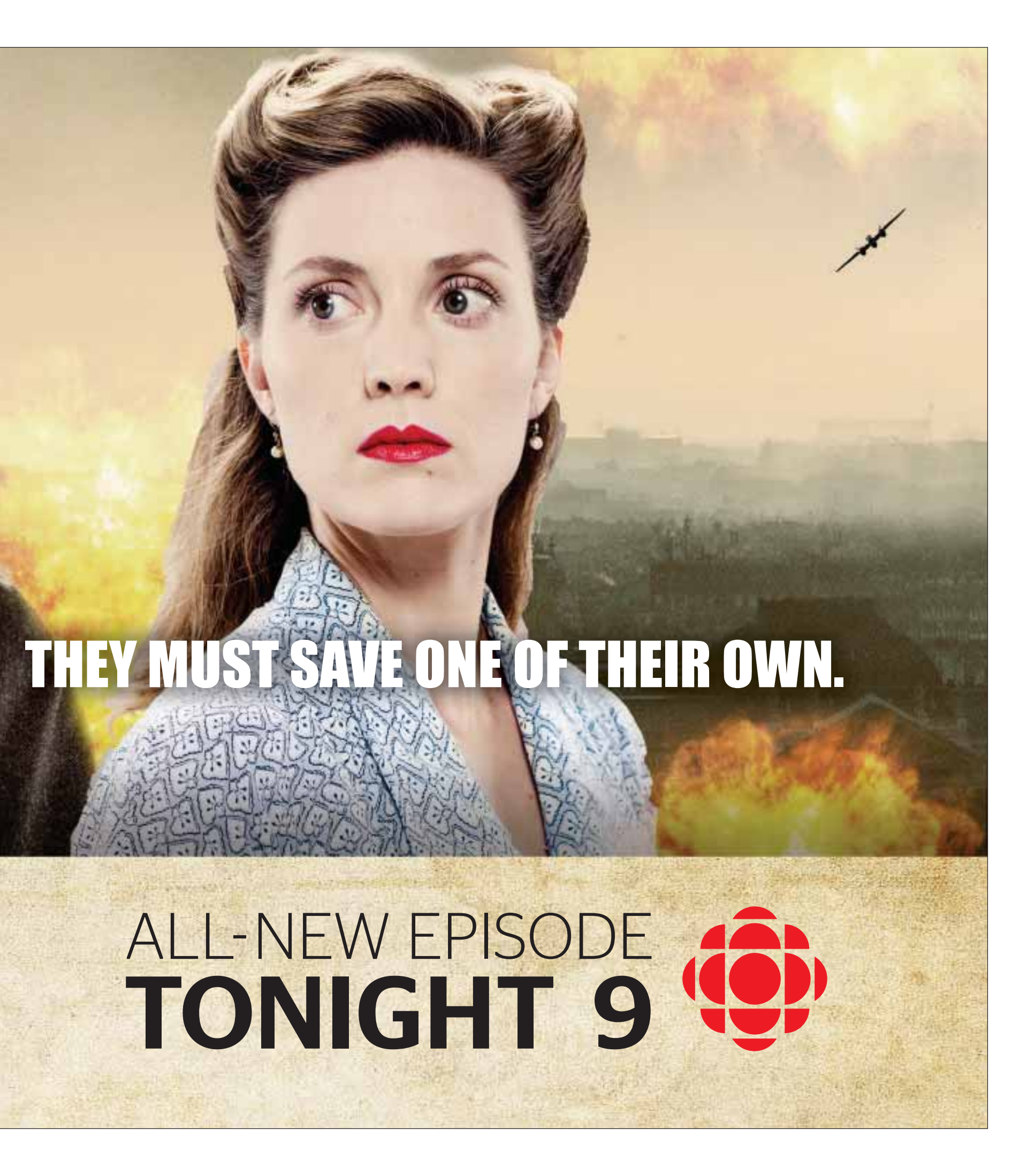
WESTJET
vacations

A man with brown hair, wearing a dark jacket over a light-colored shirt, is shown in profile, looking down and to the left. In the background, a cityscape is visible under a hazy, orange-tinted sky. A large, bright yellow and orange explosion or fire is erupting from the city, partially obscuring the buildings.

BEFORE THEY END THE WAR,

X COMPANY

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THEY MUST SAVE ONE OF THEIR OWN.

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Clinton wins close caucus vote in Iowa

U.S. PRESIDENTIAL RACE

Sanders won't seek recount despite record narrow defeat

Hillary Clinton barely won the Democratic caucuses in Iowa, outpacing a surprisingly strong challenge from Bernie Sanders to claim the first victory in the 2016 race for president.

The former secretary of state, senator from New York and first lady edged past the Vermont senator in a race the Iowa Democratic Party called the closest in its caucus history.

The Iowa Democratic Party said Tuesday that it would not do any recount of the close results. Sanders spokesman Ted Devine said his campaign does not have "any plan or intention" to challenge the results, citing Sanders' comments from Monday that the race appears to have ended in "a virtual tie."

Even a narrow victory for Clinton over an avowed socialist could complicate her quest for the nomination. But Clinton has deep ties throughout the party's establishment and a strong following among a more diverse electorate that will play a larger role in primary contests beyond New Hampshire, where Sanders is favoured.

Clinton, who entered the race

2,382

In order to win the Democratic Party nomination for president, a candidate must collect 2,382 delegates.



Presidential hopefuls Bernie Sanders and Hillary Clinton went head-to-head Monday night in Iowa's caucus vote. Clinton only defeated Sanders by a thin margin, giving her momentum before the New Hampshire vote on Feb. 9. JOHN MINCHILLO/THE ASSOCIATED PRESS; ELISE AMENDOLA/THE ASSOCIATED PRESS

as the heavily favoured front-runner, was hoping to banish the possibility of dual losses in Iowa and in New Hampshire. Two straight defeats could set off alarms within the party and throw into question her ability to defeat a Republican.

Sanders, for his part, was hoping to replicate President Barack Obama's pathway to the presidency by using a victory in Iowa to catapult his passion and ideals of "democratic socialism" deep into the primaries. He raised \$20 million during January and hoped to turn an Iowa win into a fundraising bonanza.

Clinton, in New Hampshire Tuesday campaigning ahead of the state's Feb. 9 primary, said

she was "so proud I am coming to New Hampshire after winning Iowa," adding, "I've won and I've lost there and it's a lot better to win."

Clinton's victory in Iowa means she will collect 23 delegates and Sen. Bernie Sanders will win 21. With her advantage in super-delegates — the party officials who can support the candidate of their choice — Clinton now has a total of 385 delegates. Sanders has 29.

It takes 2,382 delegates to win the Democratic nomination for president.

Caucus-goers were choosing between Clinton's pledge to use her wealth of experience in government to bring about

steady progress on democratic ideals and Sanders' call for radical change in a system rigged against ordinary Americans.

"Hillary goes out and works with what we have to work with. She works across the aisle and gets things accomplished," said 54-year-old John Grause, a precinct captain for Clinton in Nevada, Iowa.

"It's going to be Bernie. Hillary is history. He hasn't been bought," countered 55-year-old Su Podraza-Nagle, who was caucusing for Sanders in the same town.

Former Maryland Gov. Martin O'Malley formally ended his quest for the Democratic Party's nomination. THE ASSOCIATED PRESS

HEALTH

Zika virus sexually transmitted in Texas

A person in Texas has been infected with the Zika virus after having sex with an ill person who had returned from a country where the disease was present, Dallas County health officials said Tuesday.

It's the first case of the virus being transmitted in the U.S. during the current outbreak of Zika, which has been linked to birth defects in the Americas. Dallas County Health and Human Services said it received confirmation of the case from the U.S. Centers for Disease Control and Prevention.

Health officials did not release any details about the Texas patient, citing privacy issues. In a tweet, Dallas health officials said the first person infected had been to Venezuela, but did not detail when that person or the second person was diagnosed.

The Zika virus is usually spread through mosquito bites,

+ VACCINE

Drugmaker Sanofi Pasteur said Tuesday it is launching an effort to research and develop a vaccine to prevent the Zika virus, after the World Health Organization declared a global emergency over its explosive spread across the Americas.

but investigators have been exploring the possibility the virus also can be spread through sex.

"That gives you the plausibility of spread, but the science is clear to date that Zika virus is primarily transmitted to people through the bite of an infected mosquito," Dr. Anne Schuchat of the CDC said during a recent news conference about Zika.

THE ASSOCIATED PRESS

PROSECUTION

Ex-district attorney testifies in Cosby sex-crime trial

The former district attorney who declined a decade ago to bring sex-crime charges against Bill Cosby testified Tuesday that his decision binds his successors and forever closes the door on prosecuting the comedian.

Former Montgomery County district attorney Bruce Castor took the stand as part of a bid by Cosby's lawyers to get the case against the TV star thrown out because of what they say is a non-prosecution agreement from Castor.

The current district attorney has said there is no record of any such agreement.

Cosby, 78, was arrested and charged in December with drugging and violat-



Bill Cosby MEL EVANS/THE ASSOCIATED PRESS

ing former Temple University athletic department employee Andrea Constand at his suburban Philadelphia mansion in 2004. He could get up to 10 years in prison if convicted.

THE ASSOCIATED PRESS

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North Korea plans to launch satellite

UNITED NATIONS

Critics fear banned technology used for rocket

Weeks after its fourth nuclear test, North Korea announced plans Tuesday to launch an Earth observation satellite on a rocket later this month, in what critics see as a covert test of banned technology for a ballistic missile that could strike the U.S. mainland.

An official at the London-based International Maritime Organization said North Korea declared that the launch would be conducted between Feb. 8 and 25, between 7 a.m. and noon Pyongyang time. The official spoke on condition of anonymity because she hadn't been authorized to speak publicly yet.

UN deputy spokesman Farhan Haq said North Korea also informed the International Civil Aviation Organization and the International Telecommunication Union of the planned satellite launch.



Right now we're carefully monitoring developments.

Farhan Haq



North Korean soldiers are silhouetted against model versions of the Unha 3 space launch vehicle which successfully delivered North Korea's first satellite into Earth orbit.

WONG MAYE-E/THE ASSOCIATED PRESS

"Right now, we're carefully monitoring developments and are in close touch with the interested parties and the international organizations," Haq said at UN headquarters in New York.

The declaration, which is meant to warn civilians, shipping and aircraft in the area about the rocket and falling debris, follows North Korea's claim last month to have tested a hydrogen bomb, the country's fourth nuclear test.

The International Telecommunication Union said North

Korea also informed its Geneva office of its intention to launch a Kwangmyongsong (Bright Star)-type Earth observation satellite with a four-year operational life. But the ITU's UN representative, Gary Fowle, said not enough technical information had been supplied to register it in its Master International Frequency Register.

In Washington, Daniel Russel, the top diplomat for East Asia, said the U.S. was closely tracking reports of the North's planned launch. He said a launch that uses ballistic mis-

sile technology would be another violation of a UN ban and strengthens the argument for the international community to impose "real consequences" on North Korea for destabilizing behaviour. He called for the imposition of tough additional sanctions.

Russel said a launch "would be an unmistakable slap in face to those who argue that you just need to show patience and dialogue with the North Koreans but not sanctions," in an apparent reference to China.

THE ASSOCIATED PRESS



SOCCER AFGHAN LEAGUE PLANS MEETING BETWEEN FAN AND HIS HERO Murtaza Ahmadi, a five-year-old Afghan Lionel Messi fan, plays soccer at a stadium in Kabul on Tuesday. The Afghan Football Federation is planning a meeting between Messi and Ahmadi. RAHMAT GUL/THE ASSOCIATED PRESS

SOMALIA

Plane lands with hole in its side

An explosion and fire blew a gaping hole in a commercial airliner forcing it to make an emergency landing at Mogadishu's international airport late Tuesday, officials and witnesses said.

Two people were slightly injured as 74 passengers and crew of the plane were evacuated after the plane made a safe landing, Somali aviation official Ali Mohamoud said.

The plane, operated by Daallo Airlines and headed to Djibouti in the Horn of Africa, was forced to land minutes after taking off from the Mogadishu airport, said Mohamoud.

The pilot, Vladimir Vodopivec,

was quoted by Belgrade daily Blic as saying he believed the explosion was caused by a bomb.

THE ASSOCIATED PRESS



A huge hole is seen in the side of the plane. TWITTER/

@HARUNMARUF

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Taxi drivers target feds

SHARING ECONOMY

Protest against Uber comes as regulator OK's insurance



Haley Ritchie
Metro | Ottawa

Taxi drivers from Toronto and Ottawa gathered Tuesday on Parliament Hill to call on the federal government to shut down ride-sharing company Uber.

"Parliament Hill is a national stage, and Uber is a national issue," said Amrik Singh, president of the Ottawa chapter of Unifor, which represents taxi drivers in the city.

"The municipalities are struggling to control Uber. They just don't have the resources. That's why we want the federal government to get involved," said Singh.



Cabbies protest against the ride-sharing service Uber during a rally Tuesday on Parliament Hill in Ottawa. THE CANADIAN PRESS

Drivers who came from Toronto estimated their turnout to number around 400, but guards on Parliament Hill said the total crowd was likely

around 350 to 400 people.

Drivers and their unions say the ride-sharing company is eating into profits and not paying the same taxes and fees.

While many cities, including Ottawa, have committed to reviewing bylaws, drivers from both cities say not enough is being done.

"We believe the municipal level of government (and) the provincial level are not doing what they should be doing," said Karam Bunian, a taxi driver at Toronto's Pearson Airport who bused to Ottawa.

He said the Canada Revenue Agency should be investigating whether Uber drivers are paying proper HST. The crowd repeatedly called on the prime minister to intervene to protect "middle-class jobs."

"The unfortunate thing is all three levels of government are looking at each other and doing nothing. We hope they listen," said Bunian.

Meanwhile, Ontario's insurance regulator has approved coverage for drivers using ride-hailing services such as Uber, even as the province's legislature has yet to decide if such services are legal. The Financial Services Commission of Ontario gave Aviva Canada the green light to offer coverage for drivers carrying paying passengers in their own vehicles.

WITH FILES FROM THE CANADIAN PRESS

ECONOMY

Boost skills, tweak EI: report

The C.D. Howe Institute says reforms to employment insurance and moves to develop a more highly skilled workforce can help Canada's labour market adjust to weakened economic conditions.

The Toronto-based think-tank says the federal government should make changes to EI because the program only covers about half of unemployed Canadians.

The document's author, Craig Alexander, argues that Ottawa should replace its regionally based criteria for EI with eligibility and benefits rules that are uniform across the country.

The Liberal government has promised reforms to the EI program, including reducing the waiting time for benefits to one week from two.

Alexander says Canada must focus on creating a more highly skilled workforce as a way to increase productivity. He says such positions made up virtually all net job creation between 1999 and 2012.

The former chief economist at TD Bank says the labour force is facing a number of challenges, including globalization, an aging population and technological changes that have been compounded by the slide in commodity prices.

The report notes that Canada has seen a shift toward more precarious types of employment such as temporary, self-employed and part-time jobs.

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U.S. CONGRESS

Drugmakers planned price hikes to boost profits: Docs

Two drugmakers have made a practice of buying and then dramatically hiking the prices of low-cost drugs given to patients with life-threatening conditions including heart disease, AIDS and cancer, according to excerpts from thousands of documents released Tuesday by U.S. federal lawmakers.

A U.S. congressional review of more than 300,000 pages from Turing Pharmaceuticals and Valeant Pharmaceuticals reveals how executives planned to maximize profits while fending off negative publicity over the price hikes.

Rep. Elijah Cummings released the information Tuesday ahead of a hearing Thursday to examine exorbitant price spikes. Cummings has used his position atop the House Committee on Oversight and Government Reform to investigate several companies that have bought previously low-cost drugs and jacked up their prices many times over.

The Democrat said in a statement that the documents show "that many drug companies are lining their pockets at the expense of some of the most vulnerable families in our nation."

When reached, Valeant and Turing said they're committed to ensuring that cost isn't a deterrent for patients.



Martin Shkreli on the Fox Business Network on Tuesday.

THE ASSOCIATED PRESS

At the centre of the investigation is Turing's former CEO Martin Shkreli, who became the poster child of pharmaceutical-industry greed last fall for hiking the price of a life-saving drug by more than 5,000 per cent. Company presentations released Tuesday show that Turing planned to turn Daraprim into a \$200-million-a-year drug by dramatically increasing its price.

The House committee also reviewed more than 75,000 pages of documents from Canadian drugmaker Valeant. A

memo summarizing the documents said the paperwork shows that CEO J. Michael Pearson decided to buy two life-saving heart drugs, Nitropress and Isuprel, to dramatically hike prices and drive up his company's revenue and profit.

Laval, Que.-based Valeant Pharmaceuticals International Inc. bought the drugs for \$350 million US from Marathon Pharmaceuticals about a year ago and then tripled the price for one and increased the other six-fold.

THE ASSOCIATED PRESS

One week

The reduced waiting time, down from two weeks, for Employment Insurance benefits that the Trudeau government has promised as part of reforms to the EI program.

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

I feel like a lot of transit riders don't know how to behave properly. Maybe you could provide a few reminders?

Dear Ellen,
I know you've written about transit etiquette before. But I feel a lot of riders still don't know how to behave properly. Maybe you could provide a few reminders?
Michael, Toronto

Dear Michael,
After a recent, bruising experience on Toronto's Spadina streetcar, I am more than happy to oblige.
It was during rush hour. The car was fully crowded, and I was stuck standing half-way down the aisle, on the circular, moving floor plate that allows extra-long streetcars to swivel around curves and corners.

Beside me was a young man wearing a gigantic pack, which he should have taken off and held in front of him, or set on the floor, as per proper transit etiquette. Instead, he kept the pack securely fastened to his back, and monopolized the only available pole while heedlessly battering everyone around him.

As his nearest target, my noggin was treated to a near-



© Ani Castillo

concussive thump every time the streetcar jostled me within striking range. The impacts increased in both frequency and severity as the hinged car navigated around the roundabout at Spadina Crescent. As I repeatedly attempted a cartoonish scramble away from the vicious backpack, the moving floor plate simply flung me face-first into it over and over again. At a certain point, I was tempted to go with the flow and throw my whole weight into the backpack and attached owner. But I reminded myself that retaliating to rudeness with physical aggression would show a distinct lack of manners on my part.

So, with "remove your backpack" as rule No. 1, let's review some other points of transit etiquette:

Turn down your music: Even if by some bizarre chance we like the song you're playing, we don't want to listen to it bounced off your waxy ear canals via your leaky headphones.

Don't eat anything the rest of us can smell or hear: Discreetly nibbling raisins or a quiet muffin is one thing. Munching, slurping and crunching noisy snacks or squirty pungent sandwiches is strictly verboten.

Respect boundaries: Enjoy your seat if you have one. But please don't assume you're also entitled to spread your belongings or limbs across the seat beside you. Contrary to popular belief among some leg-spreaders, your knees are not allergic to each other. Seriously, knees can come well within 10 inches of each other without causing injury to any nearby organs.

Control your hoods: You may not realize it, but your big, fat parka hood takes up space. When you're sitting back-to-back with another rider, make sure your head gear isn't draped over the seat onto someone else's head.

That goes for big, fat hair-dos too: Few things are more disconcerting than feeling someone else's hair spongily

surround your own head or slip-slide down your back collar. I love to look at any kind of hairdo, but I don't want it touching me without prior consent.

Control your groceries: I know it might be fun to watch your bags of food repeatedly smack the head of someone sitting obliviously in a seat that, in the kind of just society where transit-etiquette refresher columns are unnecessary, would have been given up to you and your heavy burden of consumables. But it's still wrong.

Stand up to let people get out of the seat beside you: Don't just swing your legs a few inches to the side in a token effort to make room for a rider getting off before you. Leap to your feet and get out of the way!

There you have it: Not my first transit-rules review, nor, I fear, my last.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Witness 'satisfied' with her testimony. Perhaps Ghomeshi is, too.

Marie Henein, Jian Ghomeshi's lawyer, had paced the wood-panelled courtroom for an hour.

Tuesday, as the day before, she grilled the witness about the incongruous details in her claims that Ghomeshi twice sexually assaulted her in 2002 and 2003.

The witness, whose identity is covered by a publication ban, had told media and police that she had no contact with Ghomeshi after the last alleged assault. She said she didn't even listen to Q because it "re-traumatized" her.

But didn't she testify on Monday, Henein asked, to writing him an email?

"I said I have a recollection of drafting an email in anger," the witness said.

And that turned it. Henein then revealed the most damaging evidence of her withering cross-examination.

First, an email dated January 2004, a year after the last alleged assault, sent at 3 a.m.

"hello Play>Boy," it reads, a reference to the TV show Ghomeshi had hosted. "Good to see you again!" She offers her phone number.

Then another, sent six months later around 2 a.m., with a photo of the witness in a string bikini. In court, everything needs an explanation: Why did you say one thing to one person, and something else to another? Why did you send that email? Why

did you see that man again? The explanations need to make sense. They better be rational. The burden of proof is high.

"Are you now prepared to admit that you have lied under oath?" Henein asked.

"No."
The witness explained the emails were a kind of bait: "I wanted Jian to call me, so that I could ask him why did he violently punch me in the head," adding: "I remember (now), reading this."

Memories change, the witness had said, "And as you sit with them you remember more of the peripheral parts ... I didn't sit and script a story."

If she had, it would surely have contained fewer holes.

Henein called the witness's testimony "implausible ... a bikini photo to the man who traumatized you?"

Lying was the theme of the cross-examination. That's not surprising in a sexual assault trial, but the emails and the sexy photo: Those were.

Ghomeshi never called, "Did he?" Henein asked.

"No," the witness said. In a statement issued later, she said she remains "satisfied" that she came forward: "A weight has been lifted."

Inside the courtroom, one couldn't help but wonder if Ghomeshi, grim and expressionless, had a similar feeling: One down, two to go.

HAVE YOUR SAY: RACISM



GETTY IMAGES

Ellen's column last week — giving advice to Ivy, a self-described racist — touched a nerve. We got dozens of emails and tweets; some supportive, others highly critical. Do you have thoughts to add? Send your feedback to scene@metronews.ca.

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The Whole 30 diet program doesn't allow any slipups

Liz Brown
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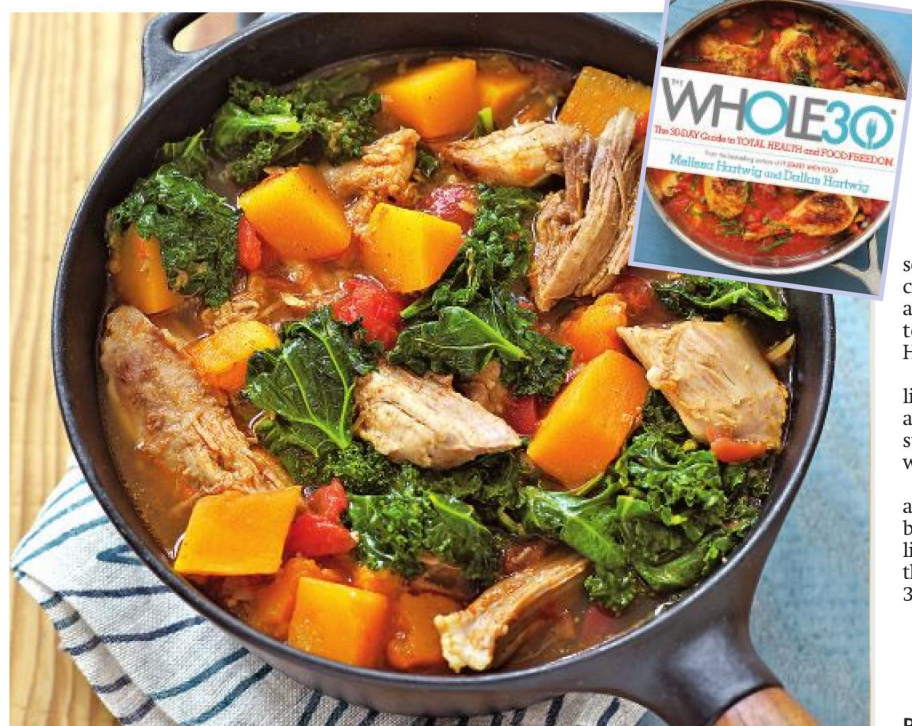


It's now February and reasonable to assume most of us have returned to wine, chocolate and cheese habits following a few weeks worth of New Year's resolutions.

But if you're willing to give your diet goals another go in 2016, you might consider the Whole 30 — a super-strict program that took social media by storm in 2015. Adherents to the eating plan used the #Whole30 hashtag over one million times last year to share recipes and moral support as they navigated a series of eating and behavioural changes outlined in the book.

It's a support network that's needed if you're to embark on the 30-day program, which allows for zero slipups and eliminates most of the consumables that bring us joy: grains, sugar, alcohol, dairy and legumes.

"According to habit research, social support and accountability are huge for people trying to make long-term changes," says Melissa Hartwig, explaining the vast online support system for The Whole 30 program, which includes forums and a blog at whole30.com. Hartwig is co-author of *The Whole 30: The 30-Day*



This roasted pork shoulder with butternut squash, kale and tomatoes, serves two (with leftovers). ALL PHOTOS: ALEXANDRA GRABLEWSKI

Guide to Total Health and Food Freedom and has no sympathy for people who say they couldn't possibly give up all of these foods for a month. "You really can't give up sugar for a month? Because if you can't, I suggest you take a look at your relationship with sugar. It's only 30 days, not the rest of your life," she says.

The idea behind the program is to eliminate foods that research

shows can be psychologically and physiologically problematic for many people — those foods that cause binging and sensitivities like bloating — and then reintroduce them slowly to see if any have adverse effects.

The idea is you'll also break a bad eating habits — like reaching for that 2 o'clock cookie.

"The strictness isn't about a boot camp or a hazing," says

Hartwig. "It's more of a food experiment."

For Hartwig, it's about changing behaviours and paying attention to how different foods make you feel on both a physical and psychological level.

"If you come home from a hard day at work and immediately reach for a glass of wine, this will make you consider what else you can do to calm and self-



The strictness isn't about a boot camp or a hazing. It's more of a food experiment.

Whole 30 co-author Melissa Hartwig



soothe. You're developing new coping skills, which is huge for anything you want to be long-term and sustainable," says Hartwig.

The recipes in the book are delicious, easy and nutrient dense and don't include dairy, grains, sugar or legumes, for anyone with sensitivities to these foods.

I'm still wrapping my head around a month without wine, baguettes and cheese, but recipes like the one below (on p. 344 of the book) are making the Whole 30 program more appealing.

Roasted Pork Shoulder with Butternut Squash, Kale and Tomatoes

Prep time: 10 minutes

Cook time: 3 hours

Total time: 3 hours 10 minutes

Ingredients

- 2 tsp paprika
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 lime, juiced
- 1 1/2 pounds pork shoulder (boneless)
- 1 butternut squash, 1-inch diced

- 1 bunch kale, stems removed, leaves chopped
- 1 cup diced tomatoes

Directions

1. Preheat oven to 300 F. Mix the paprika, chili powder, garlic powder, onion powder, salt, and pepper in a small bowl. Add the lime juice and stir. Place the pork in a Dutch oven or deep roasting pan and coat all sides of the pork with the spice mixture. Add 1 cup of water and cover tightly with a lid or aluminum foil. Cook in the oven, turning the pork shoulder in the pan every 45 minutes.

2. After 2 hours and 15 minutes, add the butternut squash and 1/2 cup of water to the Dutch oven or pan. Cook for 30 more minutes, then add the kale and tomatoes. Place back in the oven for 15 minutes more.

3. Remove the pan from the oven and leave covered until you are ready to serve. With tongs or a slotted spoon, arrange the vegetables on plates, then break the pork apart into generous chunks and place over the vegetables. Spoon the braising liquid from the pan over the pork.



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GAMING & EVENT CENTRE

Did Beyoncé cross a line?



Beyoncé dons traditional Indian clothes and jewellery in Coldplay's new music video. HANDOUT

DEBATE

Coldplay video filmed in India shows singer in classic garb

Cultural appropriation or appreciation? That's the debate sparked by Coldplay's new music video, shot in Mumbai during the Hindu festival of Holi and featuring Beyoncé dressed in traditional clothes and jewellery, with henna on her hands.

Many accused the British band of using India as an "exotic playground" in the video for Hymn for the Weeknd and reinforcing reductive stereotypes about the diverse country.

"If cultural appropriation means that a privileged group adopts the symbols and practices of a marginalized one for profit or social capital, then yes, Coldplay's video is committing cultural appropriation," Rashmee Kumar argued in The Guardian.

The depiction of Hindu practices and symbols in the video — from holy men levitating in robes to children covered in bright powders break-dancing in a slum — is through a white, western lens, Kumar wrote.

And that can "wield real power to reinforce the racial and colonial logics that undergird the way we think about non-western people, places and cultures."

Not everyone was offended by the video, however. "Beyoncé showed India in many ways and made it look beautiful and lovely. She portrayed India excellently. As an Indian, I loved it," a fan commented on Twitter.

"It's a song in the spectrum of joy, celebration and almost drunken abandon, something that no other festival but Holi symbolises for the world's mass-

es," Kunal Anand wrote in the India Times. "The song isn't a 'real India', 'We-are-a-superpower' advertisement — this is Coldplay's own artistic interpretation. And do they make us look bad? No. This is what Mumbai's slums look like, and yet no one is looking filthy, underfed or unwell."

Coldplay even tweeted that the song reached number one on the iTunes India chart. "Thank you to the people of India for making us feel so welcome," the band wrote. But Coldplay has been accused of reinforcing cultural stereotypes in the past: in the video for the band's song Princess of China, Rihanna dons a series of Japanese Geisha-like costumes on a set that looks distinctly Chinese. That prompted criticism that Coldplay is not only culturally insensitive, but ignorant, too. Critics also say this isn't the first time India has been used as a stereotype-filled setting for Western artists. In her video for Bounce, Iggy Azalea — who is already strongly criticized for being a white woman from Australia who raps like she's black and from Atlanta — dances in a sari at a wedding in front of a backdrop of Indian women. Azalea also sports a gold headdress as she gyrates atop an elephant in the clip.

Coldplay and Beyoncé are slated to perform alongside Bruno Mars at the Super Bowl half-time show on Sunday, prompting questions about whether they will sing the new track.

"Here's hoping that Coldplay has decided to give their song a different visual cue, rather than trying to make the Super Bowl into a religious festival and a Bollywood extravaganza at half-time," wrote University of Pennsylvania religious and Africana studies professor Anthea Butler.

TORSTAR NEWS SERVICE

AWARDS

The Weeknd leads with six Juno nominations

After dominating the Billboard charts for many months and landing an Oscar nomination and seven Grammy nods, the Weeknd is now being recognized on home turf with a leading six Juno Award nominations.

The internationally acclaimed Toronto native, born Abel Tesfaye, is up for best album for Beauty Behind the Madness, artist of the year, songwriter of the year and the fan choice award.

Even fellow nominees were captivated by the Weeknd's hold

on the music scene at Tuesday's Junos press conference.

"The sky is the limit for him," said Mike (Beard Guy) Taylor of Walk Off the Earth, which is up for awards including group of the year and the fan choice award. "What the Weeknd is doing right now is particularly special."

Next with five nominations apiece are Justin Bieber of Stratford, Ont., and Toronto rapper Drake. Both are also up for album of the year — Bieber for Purpose and Drake with If You're Reading

This It's Too Late.

Breakout vocalist Alessia Cara of Brampton, Ont., and pop star Shawn Mendes of Pickering, Ont., each have four nominations.

Pop powerhouse Carly Rae Jepsen of Mission, B.C., who received critical kudos for her album Emotion and just made a splash in Fox's live TV production of Grease, only landed one nomination, for the fan choice award.

The key categories were noticeably weighted towards pop and hip-hop artists, which the

Sheepdogs' Ryan Gullen said extends from an ongoing gravitation away from rock music in Canada. The band is up for best rock album.

"We don't make music to get nominations for awards shows," he said. "We make music because we like making music."

The Weeknd, Cara, Mendes, Bryan Adams and Dean Brody will be among the performers at the Juno Awards, which will air live from Calgary on CTV on April 3. THE CANADIAN PRESS

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+ DIY BEAUTY**■ BYO BB cream**

The major shortfall of BB creams (the new blend of moisturizer and foundations) is that they are only offered in limited colours.

"The world is bigger than three or four skin shades," says makeup artist Dino Dilio.

To get the perfect shade of BB cream, do it yourself and simply mix equal parts of your favourite liquid foundation and SPF moisturizer together.

**■ Raid your kitchen**

Avocado oil and castor oil can all be combined for one effective hair treatment, adds beauty blogger Kamila Caban.

"Simply mix equal parts and apply the treatment to your scalp, you'll find your hair has never felt better."



Experts say women don't have to drop a fortune to get good beauty results. TORSTAR

How to get more bang for your beauty bucks

here's what the experts suggest:

Simplify

"Simple is what everyone needs, especially on a daily basis," says Dilio. "Your morning process should consist of a face wash, moisturizer with SPF and finally some basic makeup, if you think you still need it."

Also save time and money by using your shampoo as a face and body wash, as long as the ingredients agree, adds retailer Karina Fuentes.

"All of these washes are created with very similar bases and you can really save your money by streamlining."

Do your research

"Many cosmetic counters are trained to sell more than help," says Dilio. "Really do your research before you commit to yet another serum or potion for what you're wanting to achieve." Websites like paulas-choice.com and ewg.org allow you to search the ingredients in your products, as well as having trials on the effectiveness.

Try the DIY route

If you have dark hair or an easy-to-maintain hair colour, the box hair colour route may be a great option for touching up grey roots.

A salon can charge upwards of \$60 for a root touch-up; meanwhile at a health food store, an ammonia-free kit with all the tools can cost less than \$15. If you don't care about chemicals, most of the kits at Shoppers cost under \$10.

Experiment between prestige and drug store brands Kamila Caban, author of VickyB.TV, a Mississauga-based beauty blog, constantly tests and compares low-end makeup brands to their high-end competitors to ensure she isn't overspending. Both she and Dilio recommend using L'Oréal mascara to "mass-tige" brands like Lancôme or Tarte. Caban also finds Revlon's Photoready Air Brush Effect Foundation more effective than Makeup Forever's Ultra HD Foundation.

"It's important to always test these recommendations on yourself, since every person's skin responds differently," she says.

TORSTAR NEWS SERVICE

CONSUMER ADVICE

Try these tips for saving money on products

From face wash to hair care, the cost of beauty can get ugly for many Canadians, particularly women.

In 2014, Canada outpaced the U.S. in the growth rate of prestige beauty-product consumption, with Canadians spending \$1.4 billion, according to a study conducted by NDP Group, Inc., a U.S. consulting firm that services North American retailers.

The notion of falling into a beauty-spending trap has always been foreign to Karina Fuentes, who grew up in Mexico City creating home-made body lotions with her Grandma Lupita.

"We used whatever ingredients we could grow or buy at the grocery store, so the idea of spending lot of money on beauty essentials seemed silly," says Fuentes. "All of our home-made lotions for me were as effective as those I have store-bought."

On that premise, she and her husband, Scott Robinson, founded Your Feel Good Soap Company in May of 2011. This pseudo-DIY shop is filled with Fuentes' homemade recipes for soap, hair care and facial products, letting patrons cus-

tomize the scent and essential oils in the products.

"Our goal is to make women and men realize with natural ingredients, beauty products can be multi-use and result in great savings," adds Robinson. "For example, a body cream can double as a facial moisturizer, or a shampoo can serve as a face wash and body wash."

Such product streamlining isn't a popular concept, because decades of cosmetic-counter conditioning have led women to believe they must "invest" in a beauty routine for it to be effective, says Dino Dilio a Toronto-based makeup artist who specializes in lessons that aim to simplify overcomplicated and expensive beauty regimens.

"You shouldn't need to put on 25 products before you are ready for work," says Dilio.

Before you break the bank on adding another regime or product to your daily routine,



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Passat gets spruced up for 2016



REVIEW

Light steering, quick response make for a worthy ride

Jil McIntosh
For Metro Canada



If a vehicle isn't quite ready for a complete makeover, automakers will often give it a "refresh" to spruce it up. That's what Volkswagen has done with its midsize Passat sedan, which gets a styling update and some interior tweaks.

There are some trim level changes as well. The diesel engine isn't currently offered, with no word on when or if it will return.

Instead, my tester carries a 1.8-litre turbocharged four-cylinder engine, which comes in four trim levels starting at \$23,295. While you can get a manual transmission in the base trim, everything else uses a six-speed automatic. For those who want something more powerful, a 3.6-litre V6 comes exclusively in the new, top-line Execline trim for \$38,295.

Having driven both, I find the smaller engine will be more than enough for most

drivers. You get snappy acceleration and quiet cruising, although I did feel the transmission stutter a couple of times when slowing down.

The steering is light but the car responds quickly and accurately, with easy parking-lot manoeuvrability and a solid highway feel.

The new front and rear styling is more angular. It updates nicely while maintaining an overall design that some say is too understated, but which I think is timeless: this car is going to look good 10 years from now. The interior upgrades are more subtle, with a new steering wheel and instrument cluster. The infotainment system is updated for 2016, and Volkswagen has finally added USB ports. My

only complaint is with the power mirror switch, which feels cheap and wobbly, and is awkward to use. Other controls are simple and easy, and everything is backlit at night, including the lock and window switches.

As with most German cars, the seats are very firm, but don't let first impressions turn you off them. They're very supportive and stay very comfortable on longer drives. Rear-seat legroom is good, and the trunk is huge.

Overall, even if you can't get a diesel anymore, the Passat is worthy of consideration.

THE CHECKLIST | 2016 VOLKSWAGEN PASSAT

THE BASICS

Type. Four-door, five-passenger midsize sedan
Power. 1.8-litre turbo four-cylinder (170); 3.6-litre V6 (280)

Transmission. Six-speed manual or six-speed automatic

Price. \$23,295 (base), \$33,795 (as-tested), plus destination

COOL FEATURES

- Adaptive cruise control.
- Blind spot monitor with cross-traffic alert.
- Auto-dimming rearview mirror.
- Rain-sensing wipers
- Second-row USB port
- Rearview camera on all trim levels.
- Remote starter.



PASSAT PHOTOS: JIL MCINTOSH/FOR METRO; ALL OTHERS HANDOUT

POINTS

- The turbocharged engine takes 87-octane regular-grade gasoline and is rated at a combined city-highway 8.0 L/100 km.
- Smartphone integration with Android Auto, Apple CarPlay and MirrorLink on all trim levels.
- The new centre screen has a proximity sensor that brings up icons when your hand gets close to it, and a display with pinch and swipe ability.

MARKET POSITION

- VW stumbled when it cheapened some models to break into the lower-priced U.S. mass market segment. It's returning to improved interiors and more features to win back its core audience.

THE COMPETITION



Chevrolet Malibu
Base price: \$21,745



Ford Fusion
Base price: \$23,249



Toyota Camry
Base price: \$24,100

BREMEN CLASSIC CAR SHOW

Alfa Romeo celebrates its avante-garde past

Alfa Romeo is set to headline this weekend's Bremen Classic Car show, when one of its most evocative and avant-garde concepts, the Caimano, takes center stage.

Although it was built on the Alfusud platform and used the same 68hp 1.2-liter boxer engine that powered the compact production hatchback, only someone with X-ray vision would have known that the Caimano and Alfusud were from the same company, yet alone the same planet, when the concept made its debut at

the 1971 Turin motor show.

Italdesign, who created the concept were given a very simple brief — to design something that stood absolutely no chance of becoming a production reality. The company, headed up by legendary designer Giorgetto Giugiaro, duly obliged, creating the "wedge on wheels" with its sci-fi glass dome roof that slid forward to let passengers in and out and an adjustable rear spoiler that was part of the roof.

The car was cutting-edge, in the almost literal sense and ushered in the age of the wedge

design approach that defined exotic Italian production cars including the Lamborghini Countach, Lancia Stratos and the Maserati Khamsin. But Alfa Romeo was first.

In recent times, Alfa has struggled to compete with growing competition and to rediscover that automotive recipe that had made it the sort of brand that people fall in love with. Nevertheless, the company has been going through a renaissance thanks to its wonderful 4C coupe and 4C spider ultra-light sportscars. It was

getting ready to launch an entire new range of cars and to return to the U.S. market as a luxury sportscar maker, starting this year with the Giulia QV sports sedan.

However, the brakes are now being applied to the marque's ambitious plans to launch eight new models over the next two years. On Wednesday, FCA revealed that the new cars, which will include three SUVs, a direct

competitor to the BMW 5 Series, a small hatchback and two 'speciality' vehicles — i.e., focused sports models — will now take until 2020 to arrive. That said, a special celebratory edition of the 4C spider designed to

mark the iconic Ducetto Spider's 50th anniversary, is still expected to be unveiled at this year's Geneva Motor Show on March 1. AFP



ALFA ROMEO/HANDOUT

In the Air Tonight is fading out as Josh Donaldson's walk-up music; this year it'll be Ball Like This by L.A. Leakers feat. Future and Wiz Khalifa

MLB

Jays add to outfield depth via trade



Darrell Ceciliani had 68 at-bats for the Mets last year. JIM MCISAAC/GETTY IMAGES

Outfielder Darrell Ceciliani has been acquired by the Toronto Blue Jays from the New York Mets for cash.

The 25-year-old hit .206 with one home run and five steals in 68 at-bats as a rookie last year. He batted .345 with 19 doubles, four triples, nine homers and 16 steals in 70 games with Triple-A Las Vegas of the Pacific Coast League.

A fourth-round selection in the 2009 amateur draft, Ceciliani was designated for assignment Jan. 27 to clear a roster spot when the Mets finalized their \$75-million, three-year contract with Yoenis Cespedes. THE CANADIAN PRESS

NBA

DeRozan, Lowry share East honour

Toronto Raptors all-star guards DeMar DeRozan and Kyle Lowry were named co-winners of the NBA's Eastern Conference player of the month award on Tuesday.

DeRozan and Lowry led the Raptors to 12-2 record in January. Toronto finished the month on a franchise-record 11-game winning streak.

DeRozan ranked second among Eastern Conference players last month with a scoring average of 23.9 points per game. He had a .417 shooting percentage from three-point range and shot at an .848 clip from the free-throw line.

WEST'S BEST

Kevin Durant of the Oklahoma City Thunder was named the Western Conference player of the month for January.

Lowry, meanwhile, finished seventh in East scoring last month with an average of 21.7 points per game. He was the only player in the conference to record at least 300 points, over 90 assists and over 30 steals in January. THE CANADIAN PRESS

IN BRIEF

Stewart hospitalized after ATV accident

Three-time NASCAR champion Tony Stewart was hospitalized Tuesday with a back injury and Stewart-Haas Racing said the team was unsure of the extent of his injuries just a week before he is expected in Daytona to prepare for his final season in Sprint Cup.

The 44-year-old Stewart was injured Sunday during an accident while he was riding an all-terrain vehicle somewhere on the West Coast, SHR spokesman Mike Arning told The Associated Press. THE ASSOCIATED PRESS

Alouettes fill void with defensive line coach

The Montreal Alouettes promoted Anwar Stewart to defensive line coach Tuesday.

Stewart replaces Keith Willis, who was granted a release from the club to accept a coaching position with the NFL's Tennessee Titans.

Stewart played 11 seasons with the Alouettes, winning Grey Cups in 2002, 2009 and 2010. He was also the CFL's top defensive player in 2004 and ranks second in club history with 66 sacks. THE CANADIAN PRESS



The Jets' Dustin Byfuglien falls to the ice after colliding with Mattias Janmark of the Stars at MTS Centre on Tuesday night.

TREVOR HAGAN/THE CANADIAN PRESS

Jets crash and burn

NHL

Seguin leads Stars to victory with two goals

Tyler Seguin scored a pair of goals as the Dallas Stars held on for a 5-3 victory over the Winnipeg Jets on Tuesday.

Dallas defenceman John Klingberg and forward Vernon Fiddler both scored their seventh goals of the season while Klingberg added an assist. Antoine Roussel put in an empty-netter

TUESDAY at MTS Centre

5	3
STARS	JETS

with 42 seconds left.

Drew Stafford, Adam Lowry and Dustin Byfuglien scored for Winnipeg (22-25-3). Connor Hel-lebuyc made 22 saves.

Seguin scored for the first time in five games and Klingberg had gone eight games without a goal.

Antti Niemi turned aside 21 shots for Dallas (32-14-5)

Stafford got the Jets on the board with a power-play goal at 14:16 of the first period.

With Stars defenceman Jason Demers in the penalty box for tripping, Stafford's shot from outside the faceoff circle went by Niemi, who had Jets forward Andrew Ladd providing a screen right in front of him.

Dallas evened it up 51 seconds into the second period just after Jets defenceman Dustin Byfuglien had left the box for slashing. Seguin ripped off a shot from

inside the faceoff circle and Hel-lebuyc couldn't move over fast enough to stop the centre's 26th goal of the season.

Lowry regained Winnipeg's lead three minutes later but that only sparked three straight goals scored by Dallas.

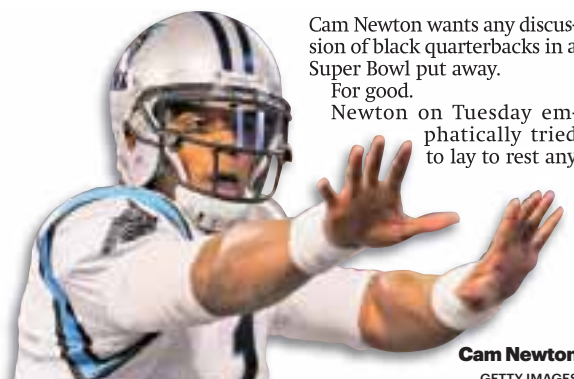
Byfuglien made it 4-3 with a blast that went over Niemi at 10:14 of the third.

The game was Winnipeg's fifth of a six-game homestand (1-4-0), which concludes Friday against Carolina. The Stars travel to Colorado for a game Thursday.

THE CANADIAN PRESS

NFL

Panthers QB tired of talking about race



Cam Newton wants any discussion of black quarterbacks in a Super Bowl put away.

For good.

Newton on Tuesday emphatically tried to lay to rest any

relevance of an African-American quarterback appearing in the NFL's championship game.

During a series of questions by a media member that bordered on confrontational, Newton finally said to the reporter: "It's not an issue. It's an issue for you."

Carolina's All-Pro quarterback, seemingly tired of the topic, added: "I think we shattered that a long time ago."

This was the third time Newton had to deal with the subject since the Panthers made the Super Bowl. He didn't need to

point out that several other black quarterbacks have led their teams to the big game: Doug Williams, Steve McNair, Donovan McNabb, Colin Kaepernick, and Seattle's Russell Wilson the past two years.

Colour? It matters not at all and never should have.

"I don't even want to touch on the topic of 'black quarterback' because I think this game is bigger than black, white or even green," Newton said. "I think we limit ourselves when we just label ourselves just black this, that." THE ASSOCIATED PRESS

Cam Newton
GETTY IMAGES

RECIPE Pork Fried Noodles



PHOTO: MAYA VISNTEI

Ceri Marsh & Laura Keogh
For Metro Canada

- 1 tsp salt
- 1 tsp pepper
- 1 package of noodles

Directions

1. Marinate pork in soy sauce, corn starch, 1 Tbsp oil and sugar for 30 minutes.
2. In a large frying pan, heat remaining oil over medium heat. Add garlic and onion, lower heat and cook until translucent. Add chopped meat to pan. Cook meat thoroughly, about 5 minutes.
3. Cook noodles in boiling water according to package directions. Drain and put aside.
4. Mix carrot, bean sprouts and green beans into meat mixture. Toss and blend together then add fish and soy sauce as well as salt and pepper. Sauté until vegetables cook, about 3 to 5 minutes. Then remove from heat.
5. Toss vegetables and all its liquid with noodles and serve.

FOR MORE MEAL IDEAS, VISIT
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This is one of the dishes that make you feel like it came from a restaurant rather than your own kitchen. In other words, be prepared to crave it every week.

Ready in

Prep time: 45 minutes
30 minutes marinade time
Total time: 65 minutes

Serves 4 to 6

Ingredients

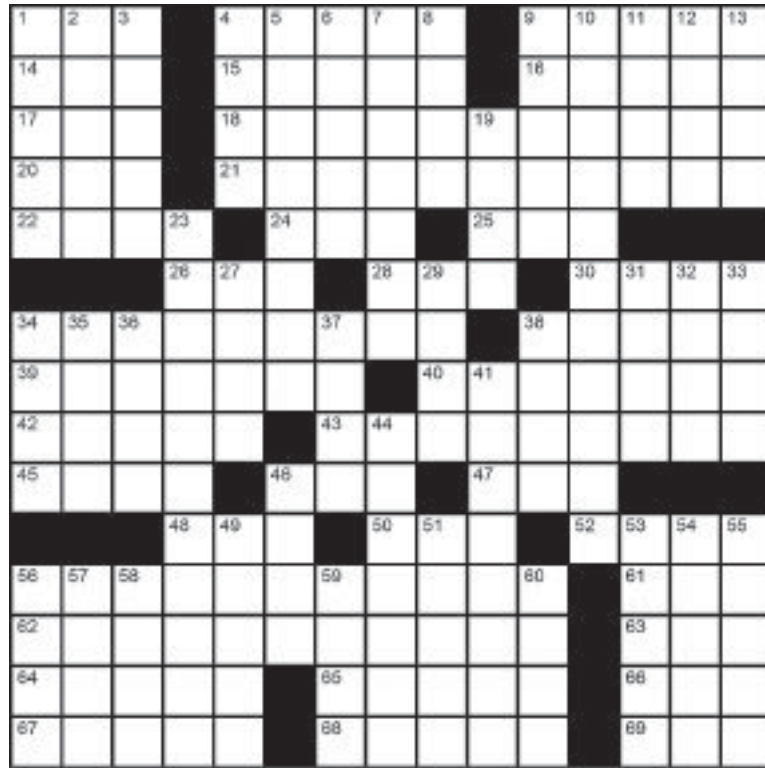
- 1 lb ground pork or chicken
- 1 Tbsp corn starch
- 2 Tbsp canola oil, divided
- 1 tsp sugar
- 3 cloves garlic, minced
- 1 onion, chopped
- 1 carrot, grated
- 1 cup bean sprouts
- 1/2 cups chopped green beans
- 1 Tbsp soy sauce
- 1 tsp fish sauce

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Not on
4. Fictional town in Maine in Stephen King tales
9. Filing letter headings...
14. __ shot (Seasonal needle)
15. Ms. James' of song
16. Ms. Channing
17. Weight unit, variantly
18. Weightlifter's repetitive arm exercise: 2 wds.
20. Energy unit
21. Sports... They occur in overtime: 2 wds.
22. Newbie
24. Nero's 56
25. French 'friend'
26. Director Ang
28. Wee cooking measurement
30. Sweet' __ (Sugar substitute)
34. Dry up
38. Bright lizard
39. Versus
40. Q-tips user, say
42. 1978 hit for Canadian singer Gino Vanelli: "I Just __ Stop"
43. Quaint bathroom sink
45. Hitch
46. Lettered car-pooling lane
47. 'Jacob' suffix
48. Harper Valley gr.
50. Bard's 'through-out'
52. Horse-hauled cart
56. Happenings



61. Alter __
62. Michael J. Fox's wife who played his girlfriend on "Family Ties": 2 wds.
63. Evian, par exemple
64. Distance races, in slang, e.g.: wds.

65. "The Poseidon Adventure" (1972) director Ronald
66. Mr. Diesel
67. View, Bible-style
68. Composer/pianist Erik
69. Manchester, __.

DOWN

1. A lot
2. Plant life
3. Mushrooms
4. __ collector
5. Online stores
6. Religious title, e.g.: 2 wds.
7. 1981: "I Love a Rainy

- Night" by Eddie __
8. Flanders river
9. Happy as __ (Glad)
10. Toronto-born singer/songwriter Robbie Robertson was once part of Bob Dylan's what?: 2 wds.
11. Rock's Motley __
12. __ Rebellion (Early-1840s insurrection in Rhode Island)
13. Building additions
19. Spring
23. Hazards in hockey: 2 wds.
27. Dame __ Everage
29. Legis. meeting
31. Sci. rooms
32. Sacred Buddhist peak
33. Notify of danger
34. Stealing birds
35. "A Summer Place" (1959) star Richard
36. Juliette Binoche's "The English Patient" (1996) character
37. It's __-way street
38. Rhyming scheme
41. "What place is this?": 3 wds.
44. Anne of Green Gables setting
46. Large instrument
49. Unfaithful one's meet up
51. Splendid display
53. Actor Christopher
54. An additional time
55. "Forever __" by Rod Stewart
56. Baseball great Mel's surnamesakes
57. First Nation of Manitoba
58. Furniture making material
59. Ages and ages
60. Dagger of yore

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may feel as if you can take on the world and win, and maybe you can, but don't get over-confident or you could be in for a major let-down. Life moves in cycles. Nothing stays the same, so be ready for change.

Taurus April 21 - May 21
You have a vague feeling that something is not quite right but you can't put your finger on what. Usually your instincts are spot on but this time, it seems, they have got it wrong.

Gemini May 22 - June 21
You have something to say. Certain people are unlikely to welcome your words. For you the truth is sacred and you won't keep quiet just to make others feel good.

Cancer June 22 - July 23
Stop wasting time and energy on activities that don't pay. Start today by turning down a social invitation that's not important. Don't worry that they won't ever invite you again — that's something to be thankful for.

Leo July 24 - Aug. 23
The old always gives way to the new. Keep that thought in mind today and it will be easier to let go of something that is holding you back.

Virgo Aug. 24 - Sept. 23
It may seem strange to others that you spend so much time thinking and analyzing but to you it's natural. You will be in an especially thoughtful mood today, so don't weigh yourself down with practical matters.

Libra Sept. 24 - Oct. 23
There's a task that needs finishing. Get to it before time runs out this weekend. Make a special effort to tackle it today and you'll be surprised how easily things it comes together.

Scorpio Oct. 24 - Nov. 22
You don't take kindly to others disagreeing with you but someone will ignore your advice and follow their own path today. Don't make an issue of it. You can say "I told you so" later!

Sagittarius Nov. 23 - Dec. 21
You find it easy to accept that different people see things in different ways. That's good because one particular person has been acting strangely. Make it your business to understand them — then help them.

Capricorn Dec. 22 - Jan. 20
Upheavals are likely today and there is not much you can do about them. Come the weekend you'll move into a more positive phase, one in which you can call the shots for a change.

Aquarius Jan. 21 - Feb. 19
More than most you realize that change is necessary. Hold onto that positive attitude today as certain people upset the status quo. You can't change what they're doing but you can find ways to benefit from it.

Pisces Feb. 20 - March 20
You can be a bit too obliging for your own good but that is not an option now. You are going to have to fight for what you desire. Throw off that "nice guy" tag once and for all.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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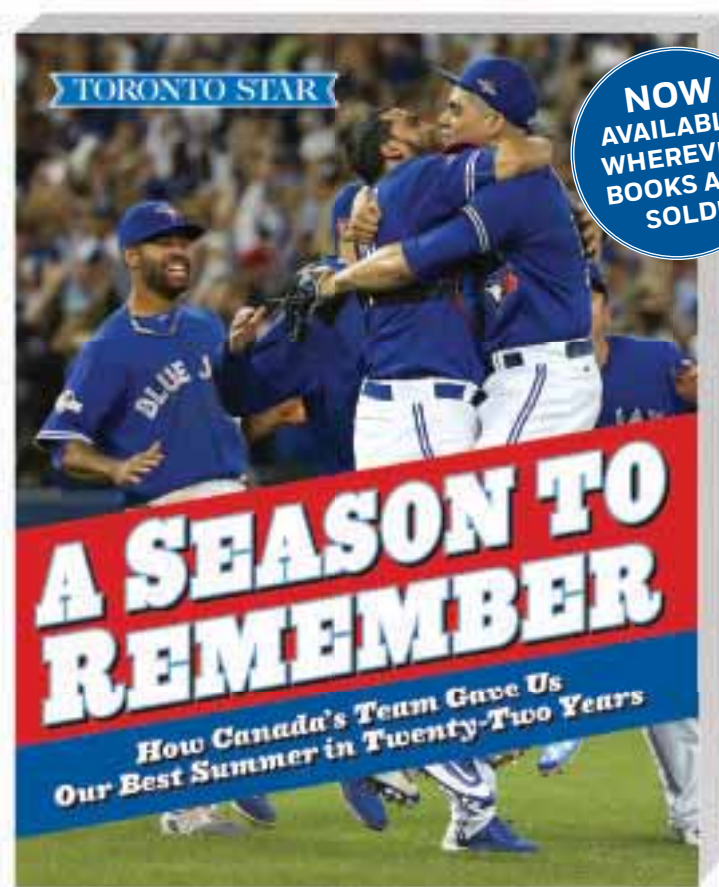
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